HEALTH PROMOTIONS

CDR Paul Villaire, CNAP Force Nurse

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References

- OPNAVINST 6100.2A
- SECNAVINST 5100.13E
- OPNAVINST 5350.4D
- OPNAVINST 6110.1J
- SECNAV 6120.3
- BUMEDINST 6110.13A
- BUMEDINST 6200.12A
- COMNAVAIRFORINST 6000.1A

Background

- Approximately 50 percent of all deaths and illnesses in the United States are related to unhealthy lifestyle habits:
  - Poor diet
  - Lack of exercise
  - Alcohol abuse
  - Tobacco abuse
  - Unmanaged stress

Additional Compromises to Health

- Undiagnosed or poorly managed hypertension
- Elevated cholesterol levels
- Lower back injuries

Positive Lifestyle and Behavioral Changes

- Optimal health
- Enhanced quality of life
- ***Improved Combat Readiness***
- Sailors are physically and mentally prepared

What is Health Promotion?

- Combination of health education and related organizational, social, economic, environmental and health care interventions designed to improve or protect health.

Health Promotion Programs

- Should:
  - Encourage healthy lifestyles
  - Increase organizational and individual readiness
  - Increase physical fitness by identifying and minimizing health risks

Responsibility

- Ship and Squadron Commanding Officers shall:
  - Have an active Health Promotion Program.
  - Appoint a Health Promotion Program Officer (HPPO) in writing.

Responsibility- Ship and Squadron HPPOs

- Coordinate a systematic approach to health promotion with assistance from local subject matter experts.
- Act as liaison between Commanding Officer/Executive Officer and departments.
- Liaison with COMNAVAIRLANT/COMNAVAIRPAC Health Promotion personnel
- Assist the command in health promotion and risk reduction interventions.
- Oversee and assist in the activities of the Health Promotion Program.

Aircraft Carrier HPPOs

- Obtain a Health Risk Appraisal or Health Assessment Review Tool on each individual of the command annually.
- Attend the Navy's 3 day Health Promotion and Wellness Course, and the Navy Health Promotion Basics Course Level 1 on Navy Knowledge Online.

- Develop an evaluation form that can be used to evaluate the Health Promotion activities given at the command.

Health Promotion Council (HPC)

- Maintain a command environment that actively supports health promotion
- Develop an annual long range training plan for health promotion events and classes
- The ship's HPPO shall serve as chairperson
- Meet at a minimum on a quarterly basis or at the call of the chairperson.
- Written minutes of the meetings shall be forwarded to the Commanding Officer via the Senior Medical Officer and the Executive Officer.

Health Promotion Council (HPC)

- The ship's Department Heads nominate a representative for the Health Promotion Council.
  - Medical Department
  - Dental Department
  - Drug and Alcohol Program Advisor (DAPA)
  - Food Services
  - Command Fitness Program
  - Public Affairs Office
  - Morale, Welfare and Recreation (MWR)
  - Training Department
  - Safety Department
  - Religious Ministries Department

Aircraft Squadrons

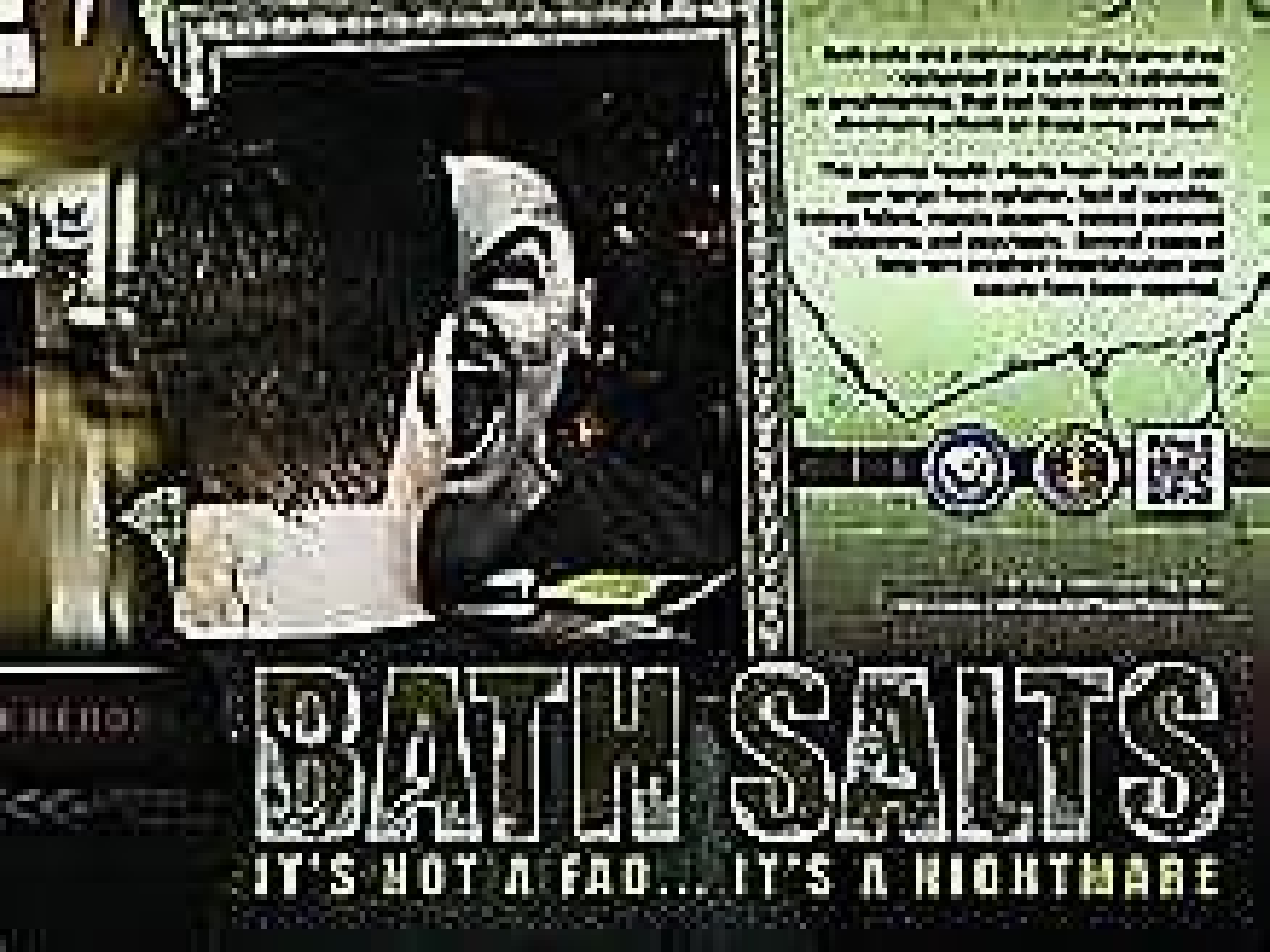
- Must establish a Health Promotion Team (HPT)
- HPT shall include the HPPO as the team leader
- Members include a medical representative, the command fitness leader, the command DAPA and the MWR Committee Chairman.
- Set goals/objectives
- Track activities and strategies in writing

Squadron HPPOs

- Establish a close working relationships (MTF/Shore based organizations)
- Publish the MTF/Clinic Health Promotion activities
- Encourage squadron personnel to use the MTF/Clinic Health Promotion opportunities, MWR, and other base facilities
- Provide a mechanism for feedback
- Attend the 3 day Navy's Health Promotion and Wellness Course and Navy Health Promotion Basics Course Level 1 on Navy Knowledge Online.

Health Promotion Program Elements

- ***Drug Abuse Prevention and Control***
  - Provide programs and initiatives that prevent drug abuse and addiction
  - Navy policy that there is “zero tolerance” for drug abuse, to include
    - using
    - possessing
    - promoting
    - manufacturing
    - distributing drugs and/or drug abuse paraphernalia.


BATH SALTS
IT'S NOT A FAD... IT'S A NIGHTMARE

Health Promotion Program Elements

- **Alcohol Abuse Prevention and Control**
  - Provide programs and initiatives that prevent alcohol abuse and addiction
  - Address early intervention
  - Provide alcohol rehabilitation to break the cycle of addiction
  - Create an environment that tolerates only lawful and responsible consumption of alcohol
  - Supports those who choose not to consume alcohol
  - Requires the availability of non-alcoholic alternatives at all functions when alcohol is available
  - Non-alcohol related recreational and/or social activities should also be provided as an option.

Health Promotion Program Elements

Tobacco Use Prevention and Cessation

- Create an environment that supports abstinence
- Discourages the use of all tobacco products
- Create a healthy working environment
- Provide tobacco users with encouragement and professional assistance to stop.

Health Promotion Program Elements

Overweight and Obesity Elimination and Nutrition Education

- Provide programs and initiatives
  - that provide healthy nutrition guidance to achieve and maintain an optimal level of nutritional health and body composition standards, as well as improve general health and wellness.
- Nutrition education programs shall include healthy weight/fat reduction and maintenance strategies
  - to assist overweight and obese personnel.
- **ShipShape** is the Navy's approved weight

Health Promotion Program Elements

- **<u>Sedentary Lifestyle Elimination and Physical Fitness Promotion</u>**
  - Provide programs and initiatives that establish healthy and active lifestyles
  - Achieve and maintain an optimal level of physical fitness and body composition standards,
  - Improve general health and wellness.

Health Promotion Program Elements

Suicide Prevention and Stress/Anger Management

- Assist personnel in developing adaptive coping skills to improve their mental health by better dealing with both stress and anger.
- Suicide prevention training is conducted once a year and commands are required to report all suicidal behaviors.

Health Promotion Program Elements

Injury and Illness Prevention

- Implement a safety programs
  - that lead to risk management, mishap reduction, performance improvement, and increased wellness.
- Both combatant and noncombatant injuries decrease readiness.
  - They include, but are not limited to, back injuries, carpel tunnel syndrome, joint injuries, musculoskeletal injuries, sports injuries, and other injuries from a variety of on and off duty mishaps.

Health Promotion Program Elements

- **Sexual Health and Sexual Responsibility**
  - It is Navy policy to provide education that increases responsible sexual behavior by reducing the incidence of sexually transmitted diseases, including Human Immunodeficiency Virus (HIV), and unplanned pregnancies, while increasing responsible sexual behavior and proactive family planning. Materials and resources are available from the Sexual Health and Responsibility Program (SHARP) of the Navy and Marine Corps Public Health Center. SHARP website is located at:
- http://www.med.navy.mil/sites/nmcphc/health-pro

Health Promotion Program Elements

- **Interpersonal Violence Reduction**
  - It is Navy policy to improve mental health and reduce the number of interpersonal violence incidents occurring in military families, in the workplace, and on military installations.
  - The Sexual Assault Victim Intervention (SAVI) Program
  - Sexual Assault Prevention and Assault Response Program (SAPR) assist sexual assault and rape victims
  - Family Advocacy Program (FAP)
  - Victim Witness Assistance Program (VWAP) assists victims and witnesses of any interpersonal violence. SAVI and FAP training can be arranged through Fleet and Family Support Centers (FFSCs). VWAP training can be arranged through legal services.

Program Evaluation

Aircraft carrier Health Promotion Programs will be evaluated by:

- Who: Force Medical Officer or Force Nurse
- When: During the Medical Readiness Inspection (MRI).
- MRI scores are an important component of the annual medical departmental award, the Blue “M”.
- MRI grades are also a component of the scoring of the Aircraft Carrier Battle "E".

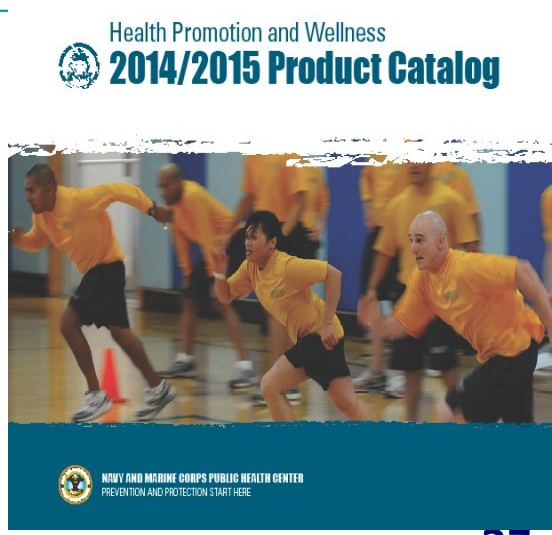
Program Evaluation

Squadron Health Promotion Programs will be evaluated annually

- Who: Senior Regional Flight Surgeon utilizing the Squadron Health Promotion Score (HPS) Grade Sheet Scores will be submitted to the Force Medical Officer
- When: By 31 December of each calendar year.
- Results from the evaluation will be used in the scoring of the Squadron Blue “M”
- Included in the grading criteria of the Squadron Battle "E" award.

Navy and Marine Corps Public Health Center

- http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx
  - Blue-H Navy Surgeon General's Health Promotion and Wellness
  - Crews Into Shape Challenge
  - Friday Facts Newsletter
  - Health Risk Assessment (HRA)
  - Health Interest Questionnaire (HIQ)
  - Health Promotion and Wellness Policies and Instructions Librar
  - Health Promotion Toolbox
  - Health Promotion Training
  - Health Promotion Training Calendar
  - HPW Partnership Program
  - Periodic Health Assessment (PHA)
  - Reproducible Materials
  - Webinars
  - Weight Management
  - Additional Resources
  - HPW Downloads


Health Promotion and Wellness
2014/2015 Product Catalog
NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Blue-H Navy Surgeon General's Health Promotion and Wellness Award

- The Blue-H Navy Surgeon General's Health Promotion and Wellness Award encourages and rewards the promotion of health in Navy and Marine Corps organizations.
- This annual award is available at three levels: Bronze Anchor, Silver Eagle and Gold Star.

- **CY2014 Submission Instructions - Between 1 Jan and 1 Feb 2015:**

- http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx

Questions?